DietCloud – Recipe

Recipe Name: KUTHIRAIVALI THINAI ADAI

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Ingredients
Millet Base: ½ cup Barnyard Millet (Kuthiraivali) and ½ cup Foxtail Millet (Thinai).Lentils: ¼ cup Toor Dal, ¼ cup Chana Dal, and 2 tbsp Urad Dal.Spices for Grinding: 4–6 dry red chilies, 1-inch piece of ginger, 1 tsp cumin seeds, and 1 tsp fennel seeds (sombu).For the Batter Mix: 1 finely chopped onion, a handful of curry leaves, chopped coriander, and salt to taste.Optional: 2 tbsp grated coconut or a handful of drumstick leaves (murungai keerai) for extra flavor.
Preparation Steps
Soak: Wash the millets and lentils thoroughly. Soak them together (along with dry red chilies) in water for 3 to 4 hours.Grind: Drain the water and grind the mixture with ginger, cumin, and fennel seeds. Aim for a coarse, rava-like consistency rather than a smooth paste to ensure a crispy texture.Mix: Add the chopped onions, curry leaves, coriander, salt, and optional coconut to the batter. The consistency should be thick but pourable.Cook: Heat a griddle (tawa) and grease it with oil or ghee. Pour a ladle of batter and spread it into a slightly thick circle. Drizzle oil around the edges.Flip: Cook on medium heat until the bottom is golden brown and crisp. Flip and cook the other side for another 2 minutes.

Ingredients

Ingredient	Quantity

No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	10	8	2